

TRICARE BENEFICIARY BULLETIN – AUGUST 31, 2012 – 708 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON AVOIDING WEST NILE DISEASE.

MOST MOSQUITO BITES ARE ONLY AN ITCHY NUISANCE, BUT SOME CAN LEAD TO WEST NILE DISEASE, A POTENTIALLY SERIOUS ILLNESS. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THIS SUMMER AND FALL ARE SHAPING UP TO BE THE WORST WEST NILE OUTBREAK EVER RECORDED IN THE U.S. FORTUNATELY, MOST BITES DO NOT LEAD TO WEST NILE, AND THERE ARE STEPS YOU CAN TAKE TO PROTECT YOURSELF AND YOUR FAMILY.

A BITE FROM AN INFECTED MOSQUITO IS THE MOST COMMON FORM OF WEST NILE TRANSMISSION TO HUMANS. MOSQUITOS PICK UP THE VIRUS FROM FEEDING ON INFECTED BIRDS. IF YOU NOTICE DEAD BIRDS IN YOUR AREA, CONTACT LOCAL HEALTH OFFICIALS SINCE IT MAY INDICATE WEST NILE IS PRESENT IN YOUR COMMUNITY. WEST NILE DOES NOT SPREAD FROM PERSON

TO PERSON THROUGH CASUAL CONTACT, SO YOU CANNOT “CATCH” IT FROM SOMEONE THAT IS INFECTED BY A MOSQUITO BITE.

THE BEST WAY TO LOWER YOUR RISK OF WEST NILE IS TO AVOID MOSQUITO BITES. HERE ARE SOME TIPS TO PROTECT YOURSELF AND CONTROL LOCAL MOSQUITO HABITATS:

- USE INSECT REPELLENT WITH AN ACTIVE INGREDIENT RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.
- TAKE EXTRA CARE AT DUSK AND DAWN WHEN MOSQUITOS ARE OFTEN MOST ACTIVE – WEAR REPELLENT, LONG SLEEVE CLOTHING OR LIMIT OUTDOOR ACTIVITIES.
- PROTECT YOUR HOMES WITH GOOD SCREENS ON YOUR WINDOWS.
- AVOID STANDING WATER IN THINGS LIKE FLOWERPOTS, PET DISHES, BIRDBATHS, BUCKETS AND OLD TIRES, WHICH ARE BREEDING GROUNDS FOR MOSQUITOS.

NOW THAT YOU KNOW HOW TO PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITOS, GET BACK TO SUMMER FUN AND FALL OUTDOOR ACTIVITIES. TO LEARN MORE VISIT THE CDC AT [CDC.GOV](https://www.cdc.gov).

FOR TRICARE MANAGEMENT ACTIVITY, I’M ANNEMARIE FELICIO.

PARTICIPATING IN OUTDOOR ACTIVITIES IS A HEALTHY WAY TO ENJOY THE SEASONS, BUT TRICARE WANTS BENEFICIARIES TO BE AWARE OF POTENTIAL TICK EXPOSURE WHICH COULD LEAD TO LYME DISEASE. KNOWING THE RISK FACTORS FOR LYME DISEASE CAN HELP BENEFICIARIES TAKE PRECAUTIONS TO AVOID CONTACT WITH TICKS.

LYME DISEASE IS CARRIED BY BLACKLEGGED TICKS, MORE COMMONLY KNOWN AS DEER TICKS. ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, THERE ARE THREE STAGES OF LYME DISEASE. STAGE ONE SYMPTOMS CAN INCLUDE BODY WIDE ITCHING, CHILLS, FEVER, ILL-FEELING, HEADACHE, FAINTING SPELLS, MUSCLE PAIN AND STIFF NECK. THE MOST COMMON SYMPTOM IS A RED, EXPANDING RASH, ALSO KNOWN AS THE “BULL’S EYE.”

IF UNTREATED, STAGE TWO OF LYME DISEASE CAN OCCUR DAYS TO WEEKS TO MONTHS AFTER THE INITIAL BITE. SYMPTOMS CAN INCLUDE THE INABILITY TO MOVE SOME FACIAL MUSCLES, MUSCLE PAIN, SWELLING IN THE KNEES OR LARGE JOINTS AND HEART PROBLEMS. AND STAGE THREE OF LYME DISEASE CAN OCCUR MONTHS TO YEARS AFTER THE INFECTION WHEN UNTREATED. MOST COMMON SYMPTOMS DURING THIS STAGE ARE MUSCLE AND JOINT PAIN WHICH CAN BE SEVERE.

TAKING PRECAUTIONS IS THE BEST WAY TO PREVENT DIRECT CONTACT WITH TICKS. BE MINDFUL OF WOODED AREAS, LEAF LITTER, BUSHY AREAS AND

HIGHER GRASSES. WALK IN THE CENTER OF TRAILS AND ALWAYS CHECK EXPOSED SKIN, CLOTHING AND PETS AFTER A WALK OR HIKE. REMEMBER TO SPRAY SKIN AND CLOTHING WITH INSECT REPELLANT BEFORE VENTURING OUTDOORS.

TRICARE URGES BENEFICIARIES TO BE AWARE OF THEIR SURROUNDINGS WHEN DOING OUTDOOR ACTIVITIES. TO LEARN MORE ON LYME DISEASE GO TO CDC.GOV/LYME. FOR MORE HEALTH CARE INFORMATION FROM TRICARE VISIT TRICARE.MIL/MEDICAL.

FINALLY: LORRAINE CWIEKA REPORTS ON FOOD SAFETY TIPS FOR THIS LABOR DAY WEEKEND.

IF YOU'RE PLANNING TO HOST A COOKOUT DURING THIS LABOR DAY WEEKEND, TRICARE WANTS TO REMIND BENEFICIARIES TO FOLLOW FOOD SAFETY PRECAUTIONS TO HELP PROTECT YOURSELF AND YOUR GUESTS FROM FOODBORNE ILLNESS.

THE AGRICULTURE DEPARTMENT OFFERS SEVERAL SIMPLE GUIDELINES FOR COOKING OUTDOORS AND GRILLING FOOD SAFELY.

- THAW MEAT AND POULTRY BEFORE GRILLING;
- MARINATE FOOD IN THE REFRIGERATOR, NOT ON THE COUNTER;
- KEEP COOKING SURFACES CLEAN AND BRING WATER FOR PREPARATION AND CLEANING;
- PRECOOK FOOD PARTIALLY IN THE MICROWAVE, OVEN OR STOVE TO REDUCE GRILLING TIME;
- AND REFRIGERATE ANY LEFTOVERS PROMPTLY IN SHALLOW CONTAINERS.

EVEN WITH PROPER ATTENTION TO FOOD PREPARATION, FOODBORNE ILLNESSES CAN STILL OCCUR. SOME COMMON SYMPTOMS AND SIGNS FROM EATING CONTAMINATED FOOD INCLUDE: UPSET STOMACH, ABDOMINAL CRAMPS, NAUSEA AND VOMITING, DIARRHEA, FEVER AND SYMPTOMS OF DEHYDRATION, LIKE LIGHTHEADEDNESS OR DIZZINESS.

IN MOST CASES, FOODBORNE ILLNESSES ARE MILD AND CAN BE TREATED BY INCREASING FLUID AND ELECTROLYTE INTAKE. OVER-THE-COUNTER PRODUCTS FOR DISCOMFORT MAY ALSO WORK. FOR MORE INFORMATION ON FOOD SAFETY, GO TO [FOODSAFETY.GOV/INDEX](https://www.foodsafety.gov/index).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE
NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)